

PERSONAL TELEPHONE NUMBERS

911

Police/Fire  
Paramedics  
Highway Patrol

DOCTOR

DENTIST

PHARMACY

SENIOR CENTER

NEIGHBOR

NEAREST RELATIVE

Nicole M. Parra

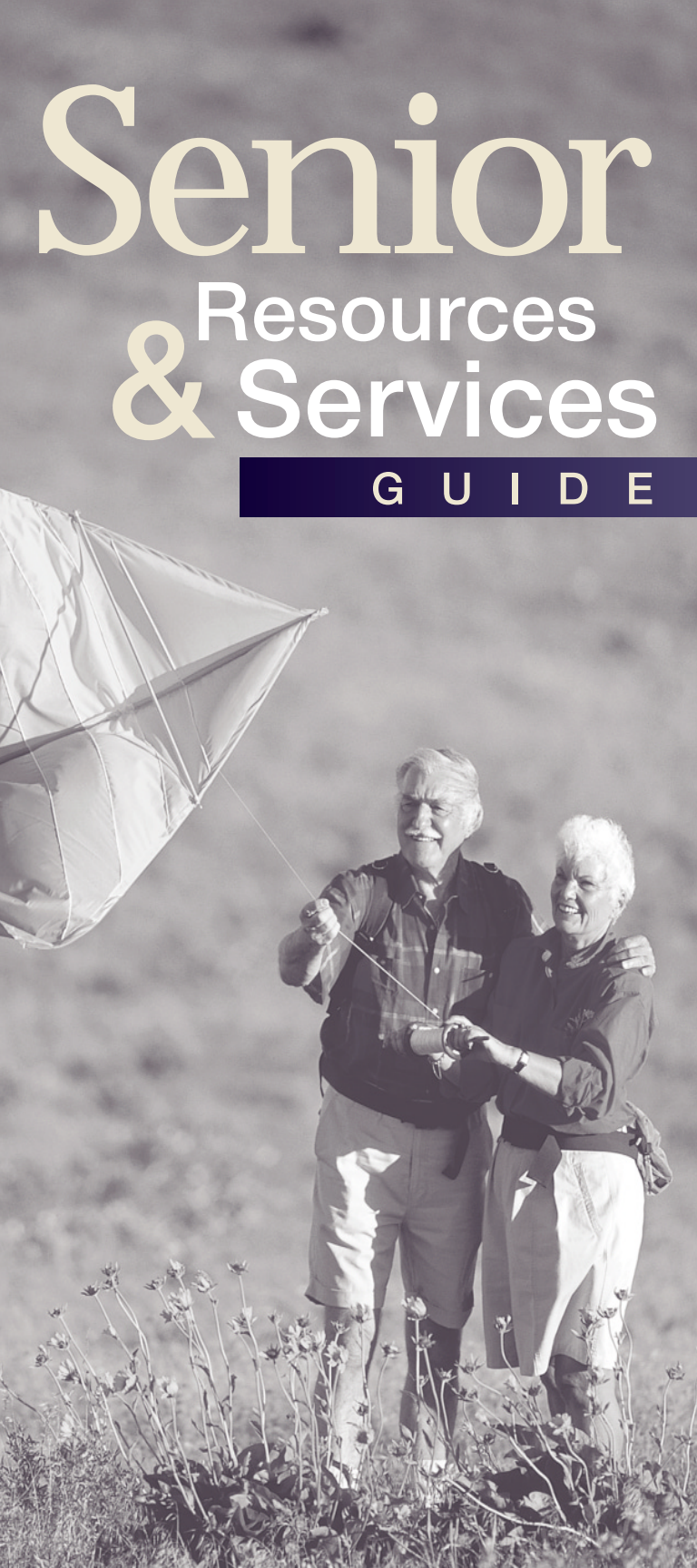
Assemblywoman, 30th District

**Capitol Office:**  
State Capitol, P.O. Box 942849  
Sacramento, CA 94249-0030  
(916) 319-2030 • Fax: (916) 319-2130

**District Offices:**  
601 24th Street, Suite A  
Bakersfield, CA 93301  
(661) 334-3745 • Fax: (661) 334-3796

321 N. Douty Street, Suite B  
Hanford, CA 93230  
(559) 585-7170 • Fax: (559) 585-7175

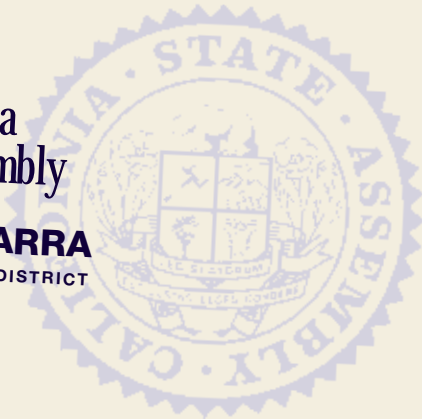
**E-Mail:**  
Assemblymember.Parra@assembly.ca.gov



Senior  
Resources  
& Services  
GUIDE

California  
State Assembly

NICOLE M. PARRA  
THIRTIETH ASSEMBLY DISTRICT



Dear Friend:

One in every nine Americans today is 65 years of age or older. The population of individuals 55 and over is growing at a rate approximately twice that of other age groups. The programs listed in this brochure are specifically designed to be of benefit to the senior population of the 30th Assembly District.

People often feel powerless in dealing with the bureaucracy because they don't know where to go to get a problem solved. Hopefully, this pamphlet will be of assistance in describing some of the services available and where to get them.

If there is any way that I can further assist you in dealing with government agencies, please don't hesitate to contact me — it would be my privilege to help.

Sincerely,

Nicole M. Parra  
Assemblywoman, 30th District

# Senior Community Resources and Services in Kern County

## ADVOCACY SERVICES

Adult Protective Services ..... 1-661-868-1006  
(Weekends, evenings, holidays) ..... 1-800-277-7866

State of California  
Commission on Aging ..... 1-916-322-5630

State of California  
Department of Aging ..... 1-916-322-5290

## ADULT DAY CARE

Alzheimer’s Disease Association of Kern County  
Adult Day Car Center ..... 1-661-393-8871

Elder-Life Adult Day  
Health Care Center ..... 1-661-326-6595

## COUNSELING SERVICES

Kern County Aging and  
Adult Services ..... 1-661-868-1000

## GOVERNMENT OFFICES

California Attorney General’s Office  
Public Inquiry Unit ..... 1-800-952-5225  
(Reviews consumer complaints)

California Department of  
Consumer Affairs ..... 1-800-952-5210  
(Receives and investigates complaints)

Contractors’ State license Board ..... 1-800-321-2752  
(Information about contractors)

Kern County Aging and  
Adult Services ..... 1-661-868-1000

Franchise Tax Board  
Personal Income ..... 1-800-852-5711

State Controller ..... 1-916-445-2636

U.S. Consumer  
Product Safety Commission ..... 1-800-638-2772

## HEALTH SERVICES

Alzheimer’s Disease Association of  
Kern County, Inc. .... (Bakersfield) 1-661-393-8871

Denti-Cal ..... 1-800-322-6384  
(Information on Medi-Cal dental benefits and  
referrals)

Elderlife ..... 1-661-326-6595

Nursing Home Complaints ..... 1-800-824-0613  
(DHS licensing and certification)

Social Security ..... 1-800-772-1213  
TDD ..... 1-800-288-7185

## HOUSING/UTILITIES ASSISTANCE

Fair Employment and  
Housing Department ..... 1-800-233-3212

Verizon – Universal Life Line Service . 1-800-483-4000  
(Qualified limited income)

SBC-Universal Life Line Services ..... 1-800-310-2355  
(Qualified limited income)

U.S. Department of Housing and  
Urban Development ..... 1-800-669-9777

## IN-HOME SUPPORT SERVICES

Braille and Talking Book Library  
Northern California ..... 1-800-952-5666  
(Provides a free tape player and free delivery of  
books on tape to seniors)

California Relay Service (CRS)  
(Relays calls between TDD and voice)  
TDD to Voice ..... 1-800-735-2929  
Voice to TDD ..... 1-800-735-2922

SBC Deaf and Disabled Services ..... 1-800-772-3140

## LEGAL & TAX SERVICES

California Attorney General  
Public Inquiry Unit ..... 1-800-952-5225

Property Tax Postponement ..... 1-800-952-5661

Senior Citizen  
Property Tax Assistance ..... 1-800-852-5711

Seniors Law Center ..... 1-661-325-5943

State Bar of California ..... 1-800-843-9053  
(Handles complaints against attorneys)

Volunteer Income Tax Assistance ..... 1-800-522-5665  
(Tax counseling for the elderly)

## SENIOR CENTERS, CLUBS & PROGRAMS

Arvin Senior Center ..... 1-661-854-1521

Bakersfield Senior Center ..... 1-661-325-1113

Community Senior Center ..... 1-661-721-3337

East Niles Senior Center ..... 1-661-363-8910

Friendship House  
Community Center ..... 1-661-831-4590

Greenfield (Ben Austin)  
Senior Center ..... 1-661-834-9041

Guadalupe Senior Center ..... 1-661-323-7291

Lamont Senior Center ..... 1-661-845-0938

McFarland Senior Center ..... 1-661-792-3187

Richard Prado East Bakersfield  
Senior Center ..... 1-661-323-8624

W.C. Walker (Shafter)  
Senior Center ..... 1-661-746-4049

Wasco Senior Center ..... 1-661-758-2755

The 60+ Club at Cal State  
Bakersfield ..... 1-661-664-3211

Sons in Retirement (SIRS) ..... 1-661-832-7308

## TRANSPORTATION SERVICES

Golden Empire Transit ..... 1-661-869-2438

North Bakersfield Parks and  
Recreation ..... 1-661-392-2035  
(Senior and disabled transportation)

## VOLUNTEER SERVICES

Retired and Senior  
Volunteer Program (RSVP) ..... 1-661-397-9787

*In case of an emergency,  
act as quickly as possible. If you need help,  
dial 911. After you have talked to the person  
who answers, do not hang up the phone  
so that your location can be quickly traced.*